

## <u>SUMMER BADMINTON COACHING CAMP – 2022</u> ORGANISED BY SANKALP SEVA MANDAL IN ASSOCIATION WITH TMC

**GENERAL INFORMATION & INSTRUCTIONS** 

We, on behalf of Sankalp Seva Mandal welcome all Players who have enrolled for this Summer Camp. This camp is organized by us in order to spot talent among youngsters & introduce them to the game of Badminton. The basic technique of footwork, service, racket grip, strokes such as Toss, Drop & basic laws of Badminton will be taught by our experienced Coaches in this camp. Lectures on Nutrition & Diet & Laws of Badminton – Rules and Regulations by experts will be

organized during the camp.

CAMP VENUE	:	Indoor Badminton Hall, Shri Sharadchandraji Pawar Mini Sports Stadium, Dhokali, Kolshet Road, Thane – 400607.
CAMP DURATION	:	2 <sup>nd</sup> May to 31 <sup>st</sup> May, 2022.

DAYS : MONDAYS TO FRIDAYS

Group Timings	Each Player must carry with him/her :
	1) Badminton Racket 2) Small Kit Bag
Group - A : 6:30 AM to 7:30AM & 10 AM TO 1 PM	
	3) Rubber soled Non-Marking Shoes 4) Socks
Group - B : 6:30 AM to 7:30AM & 1 PM TO 3 PM	
	5) Skipping Rope (Wire Type)
Group - C : 6:30 AM to 7:30AM & 3 PM TO 5 PM	
	6) T.Shirts-(2 Nos) 7) Water Bottle
	8) Cap 9) One- Small Napkin + 1 Big Towel
	10) Note Book / Diary

<u>T.SHIRT</u>	:	Each participant will be given a T.Shirt & a Certificate after successful completion of the camp. Please intimate your T.Shirt size to the concerned coach during the course of the camp.
Yoga Sessions/ Lecture on Diet-Nutrition / Laws of Badminton	:	Will be informed to all Players after start of Camp.
CONCLUSION OF CAMP	:	The Camp will conclude on FRIDAY, 31 <sup>st</sup> May 2022
<u>HOLIDAY</u>	:	SATURDAYS & SUNDAYS
<u>Telephone Nos.</u> For Assistance	:	1) Rajeev Ganpule –Chief Coach - Mob.: 9320410490 2) Sanket Shirbhate –Coach - Mob.: 9967390528